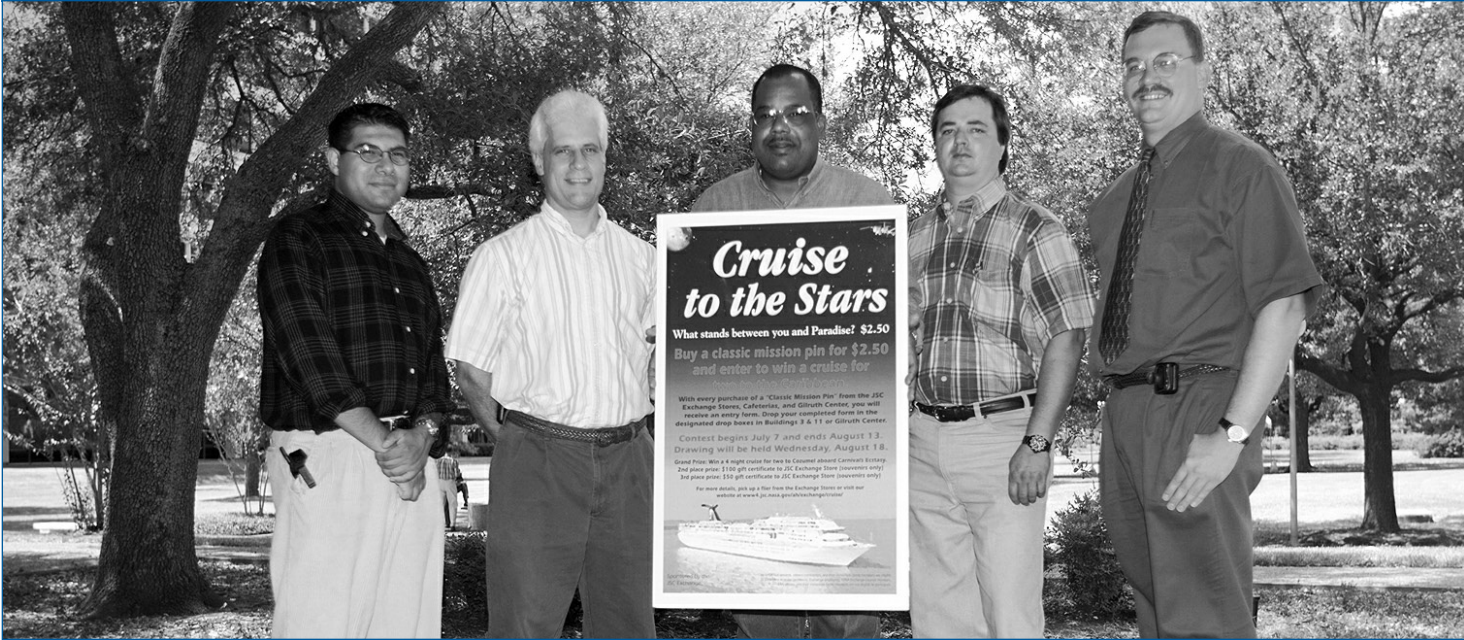


## Exchange Store announces ‘Cruise to the Stars’ winners



JSC Photo 99E11059

Greg Weaver, center, was the grand prize winner of the recently concluded NASA Exchange-JSC promotional campaign that offered a cruise for two to the majestic waters of Cozumel. Barry Martin, second from right, won a \$100 gift certificate redeemable at the Exchange Store and Frank Brody, second from left, won a \$50 gift certificate. Shown with the winners are Jose J. Tristan, left, Exchange co-op and campaign organizer, and Karl Schuler, right, JSC Exchange manager.

## Teaching rocket science with model rockets

JSC engineers and co-ops look on as a student-designed model rocket is launched from the antenna range at JSC. The model was designed from scratch to fulfill specific requirements for altitude (must achieve between 100 and 250 meters) and payload (must launch a raw egg and return it unbroken). The model rocket design workshop teaches teamwork and the principles of basic rocket design to teams of students and young engineers.

The specific rocket leaving the pad (“Spitz-1”) was designed by four International Space University students attending a summer session program in Thailand. JSC engineer and ISU faculty member John Connolly conducted the rocket design workshop and returned to launch the finished rockets from JSC. “Spitz-1” successfully returned its payload uncracked, but fell 5 meters short of its altitude goal.



JSC Photo S99-09408

## GILRUTH CENTER NEWS

<http://www4.jsc.nasa.gov/ah/exceaa/Gilruth/Gilruth.htm>

**Hours:** The Gilruth Center is open from 6:30 a.m.-10 p.m. Monday-Thursday, 6:30 a.m.-9 p.m. Friday, and 9 a.m.-2 p.m. Saturday. Contact the Gilruth Center at (281) 483-3345.

**Sign up policy:** All classes and athletic activities are on a first-come, first-served basis. Sign up in person at the Gilruth Center and show a yellow Gilruth or weight room badge. Classes tend to fill up two weeks in advance. Payment must be made in full, cash or by check, at the time of registration. No registration will be taken by telephone. For more information, call x33345.

**Gilruth badges:** Required for use of the Gilruth Center. Employees, spouses, eligible dependents, NASA retirees and spouses may apply for photo identification badges from 7:30 a.m.-9 p.m. Monday-Friday and 9 a.m.-2 p.m. Saturdays. Cost is \$10. Dependents must be between 16 and 23 years old.

**Nutrition intervention program:** Six-week program includes lectures, a private consultation with the dietitian and blood analysis to chart your progress. Program is open to all employees, contractors and spouses. For details call Tammie Shaw at x32980.

**Defensive driving:** One-day course is offered once a month at the Gilruth Center. Pre-registration required. Cost is \$25. Call for next available class.

**Stamp club:** Meets every second and fourth Monday at 7 p.m. in Rm. 216.

**Weight safety:** Required course for employees wishing to use the Gilruth weight room. Pre-registration is required. Cost is \$5. Annual weight room use fee is \$90. The cost for additional family members is \$50.

**Exercise:** Low-impact class meets from 5:15-6:15 p.m. Mondays and Wednesdays. Cost is \$24 for eight weeks.

**Step/bench aerobics:** Low-impact cardiovascular workout. Classes meet from 5:15-6:15 p.m. Tuesdays and Thursdays. Cost is \$32 for eight weeks. Kristen Taragzewski, instructor.

**Yoga:** Stretching class of low-impact exercises designed for people of all ages and abilities in a Westernized format. Meets Thursdays 5-6 p.m. Cost is \$32 for eight weeks. Call Darrell Matula, instructor, at x38520 for more information.

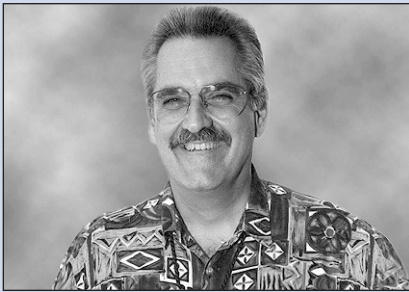
**Ballroom dancing:** Classes meet from 6:30-7:30 p.m. Thursdays for beginner, 8:30-9:30 p.m. for intermediate and 7:30-8:30 p.m. for advanced. Cost is \$60 per couple.

**Country and western dancing:** Beginner class meets 7-8:30 p.m. Monday. Advanced class (must know basic steps to all dances) meets 8:30-10 p.m. Monday. Cost is \$20 per couple.

**Fitness program:** Health-related fitness program includes a medical screening examination and a 12-week individually prescribed exercise program. For more information call Larry Wier at x30301.

## Faces in the crowd

What attracted you toward a career in the space program?



JSC Photo S99-10587 by William Stafford

**Andy Evans**  
USA, SSP/ISS Program Integration  
Manager, Logistics and Maintenance

*I'd been interested in space since I was a child and followed the space program religiously. My dad and I would watch Mercury, Gemini, Apollo missions and of course, the culmination was the landing on the moon. When I retired from the Army, I had a chance to use the skills I had learned from that experience here.*



JSC Photo S99-09559 by William Stafford

**Alexs McCauley**  
USA  
ISS Logistics and Maintenance

*I have always known that this is what I wanted to do. When I was 5 years old, I watched the orbiting satellites from my backyard and I decided I wanted build things that would go into space.*



JSC Photo S99-11199 by James Blair

**Darrel Gaines**  
Raytheon  
Flight Integration

*I was attracted to the space program by its ability to provide work that was exciting, successful, visible and challenging. The top two items that motivate people are achievement and recognition. NASA provided me an opportunity to enjoy both.*



JSC Photo S99-05960 by William Stafford

**Angela Turner**  
USA  
Computer Science Staff

*I've always been fascinated with space and technology, especially the stars. While I was visiting Clear Lake, I saw JSC and knew immediately I wanted to work there. I always end up asking the astronomers about their jobs and the peek we have of the heavens.*